

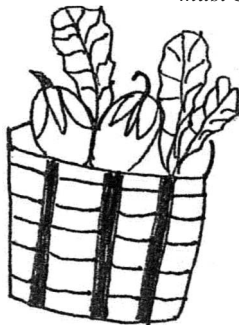
To Be of Use
Marge Piercy

The people I love the best
jump into work head first
Without dallying in the shallows
and swim off with sure strokes almost out of sight.
They seem to become natives of that element,
the black sleek heads of seals
bouncing like half submerged balls.

ri farm
New5 ine
Vol. No.9
WEEK 10
gust 3, 2010

I love people who harness themselves, an a to a heavy cart,
who pull like water buffalo, With massive patience,
-who strain in the mud and the muck to move things forward,
who do what has to be done, again and again.

I Want to be with people who submerge
in the task, who go into the fields to harvest
and wack in a row and pass the bags a/onu
who stand in the line and haul in th
wh are not parlor generals and field deserts;
but Move in a common rhythm
when the food must Come in Or the fir_e be
putout.



The work of the world is common as mud.
Botched, it smears the hands, crumbles to dust.
But the thing worth doing well done
has a shape that satisfies, clean and evident.
Greek amphoras for wine or oil,
Hopi vases that held corn, are put in museums
but you know they were made to be used.
The pitcher cries for water to carry
and a person for work that is real.

☆ farm news ☆

what we are eating:

basil + tomato + mozzarella + eggs

basil + tomato + mozzarella + bread

basil + tomato + mozzarella + pasta

basil + tomato + mozzarella + couscous

what we are watching:

searching for bobby fischer (laura)

grey's anatomy season four (ariel)

what we did on Saturday:

beverly hospital farmer's market (laura)

shoveled 3 loads of compost (ariel)

what we are excited about:

our produce is being served

AT POSTO RESTAURANT
IN DAVIS SQUARE

what we are loving:

farming + eating + sharing our
delicious food with
everyone we can!

how to...

dry your own HERBS



rosemary



Drying herbs is easy - it's a great way to get started in food preservation - all you need is some string, and patience. If you have an herb garden, it's a perfect way to use your surplus. Having home-dried herbs all winter long is a joy - you'll be surprised at their fresh, sweet, flavor, and get hooked.

① **harvest**: It is best to harvest in early morning, just after the dew is off, but before they get too hot. With many herbs - mint, sage, and thyme - you can harvest several times during the season.



② **prepare**: Strip the bottom leaves off

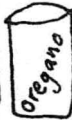
your herbs. Bundle them in groups of 3-8 stems, depending on the size. Tie them securely with a rubber band, so all the leaves are at about the same height. Don't make your bunches too big or they'll stick and not dry well.

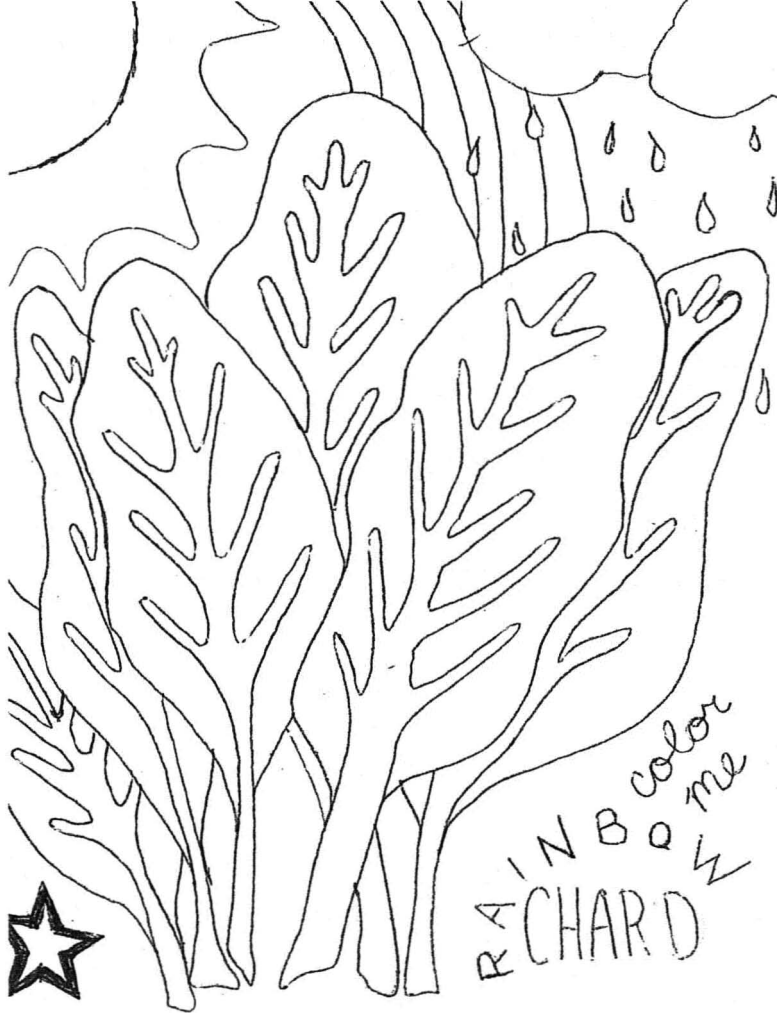
③ **hang & wait**: The

best place to hang is somewhere dry, away from the light, with good air circulation. An attic with a fan works well - but any old place will do! Don't hang in front of a window. Drying takes 1-3 weeks - be patient! Herbs are fully dry when they crumble and crackle in your hand.



④ **store**: Keep your herbs in air-tight containers, somewhere cool and dry, away from light. Use within one year.





RAINBOW color
me
RICHARD

A Treasury of Recipes

running out of creative ideas for all this great produce? We're not!

a dreamy summer soup.. Chilled Cucumber Soup with yogurt and mint

- 7.. pounds cucumbers, peeled and cubed
- 1/2 C packed mint leaves
- juice of 1 lemon (or. bit more - 4-6 Tbs)
- 2 1/2 C yogurt
- 1/2 C cream
- 2 Tbs honey
- Salt and pepper to taste

Combine everything except cream in a food processor. Blend until smooth. Taste and adjust seasonings. Transfer to bowl and stir in cream.

Chill for 2-6 hours before eating. Serve with a sprig of mint, handful of fresh corn kernels and a slice of tomato in each bowl.

Baked Summer Squash With tomatoes & cream

- 1 pound tomatoes, chopped
- 2 medium squash or zucchini, chopped
- 1 onion, sliced
- 5 cloves garlic, minced
- 3/4 C packed, chopped basil leaves
- 1/2 C fresh mozzarella, cubed
- 1 C cream
- Salt and pepper
- Parmesan, grated

Combine everything in large baking dish pour cream on top and stir. Sprinkle parmesan on top. Bake at 350° until golden and bubbly about 45 min.

PASTA alla

Thanks to
CSA member
Emmet for this
awesome recipe!

Norma

fennel frond fritters

Thanks to CSA member Alisha for this fantastic recipe!

Source: wildfoodplants.com/
wild-fennel-fritters

- fronds from 1 1/2 fennel bulbs
- 2 eggs (opp)
- 1 C parmesan, grated
- 1 C bread crumbs
- crushed red pepper
- Salt and pepper

Steam the fronds for ~10 minutes and let cool.

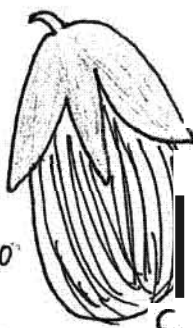
Combine with eggs, bread crumbs, cheese and spices.

Grease a cookie sheet.

Make batter into balls and flatten slightly.

Bake at 350° for ~30 minutes.

Serve with a dollop of plain yogurt with crushed garlic mixed in. Yum!



- 5, 10 (live oil)
- 2# eggplant, cubed
- 3 jars whole tomatoes (14.5oz)
- 3 cloves garlic
- 1/4 - 1/2 tsp red pepper flakes
- 4oz. ricotta salata
- 1/4 C fresh basil
- Black pepper
- Parmesan
- 12oz penne
- 2 C. water
- (all done in a large skillet or small Dutch oven)

Sauté eggplant in 4T of oil with 1/4 I salt for ~15 min. Set aside.

Pulse tomatoes in food processor.

Sauté garlic and red pepper in remaining oil until fragrant. Add tomatoes, pinch of salt. Simmer about 10 min. Stir in water, add penne.

Maintain a vigorous simmer until pasta is tender. Stir in eggplant and ricotta salata and cook until warmed through. Stir in basil and parmesan.

Eat and enjoy!